INSPIRING HEALTHIER LIVING

EASY AND DELICIOUS RECIPES

NINJA® PROFESSIONAL FRYING SYSTEM

CONGRATULATIONS

You've just purchased the Ninja® Professional Frying System

The Ninja® Professional Frying System is a convenient, simple way to cook delicious, classic and even healthy dishes. Your Ninja® Professional Frying System is engineered to exhibit optimum performance by frying food QUICKLY. This recipe guidebook hopes to inspire you with some easy ways to create fun, delicious dishes as well as Healthy Hints and Tips to create your own personal favorite recipes.

The Ninja® Professional Frying System

FASTER!

Advanced heating element provides quick heating and fast oil temperature recovery to cook food faster.

HEALTHIER!

Faster cooking and enhanced temperature control help decrease excess oil absorption.

CRISPIER

Cooks food to a delicous, crispy texture for professional results every time.

CAPACITY

Cooks up to 3.2 lbs of food in one batch, using less oil.

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Professional Frying System

Tips and Guide

- When frying battered foods, lower the empty fryer basket into the oil. Then slowly lower food into the fryer basket one piece at a time using tongs. This will help the batter to form a crust and prevent the food from sticking to the basket.
- When frying frozen foods, fill the fryer basket with food, insert the basket lid, lower into oil and cover with fryer cover to minimize oil splattering.
- Do not overfill basket or increase cooking time as food may stick together and not cook properly.
- Cooking oil, even unused, has a limited shelf life. It oxidizes with exposure to air, sunlight, and elevated temperatures, which lowers the quality of the oil.
- Oil will absorb food flavors, so it's a good idea to label the oil storage container with the type of food the oil was last used to cook. For example, don't fry a dessert in oil previously used for cooking fish.
- For best food results, change oil and clean the oil reservior, fryer basket and control panel often.

Types of Oil to Use: Always use oil with a high smoke point such as: vegetable, canola or peanut oil. Olive Oil or Extra-Virgin Olive Oil should not be used in your fryer due to their low smoke points. Being able to cook at a high temperature ensures the best results, speedy frying, and searing of the exterior of foods to help retain their juices.

QUICK START GUIDE

Getting Started:

1. Place the oil reservoir in the frying system housing

2. Place the control panel in the oil reservoir and add oil to the fill line

3. Attach the magnetic safety power cord to the fryer and plug into an outlet

4. Attach the basket handle to the basket

QUICK START GUIDE

QUICK START GUIDE

Preheating:

1. Press the TIME button to enter desired fry time

2. Press the TEMP button to enter the desired temperature

3. Press the START/STOP button

4. When the oil has reached the desired temperature a ready icon will appear and a beep will sound

QUICK START GUIDE

Cooking Frozen Foods:

1. Load the fryer basket with food

2. Place basket lid into the designated groove in the fryer basket

3. Place fryer cover over basket and slowly lower the fryer basket into the oil

QUICK START GUIDE

Cooking Battered Foods:

1. Place the fryer basket in the oil

2. Using tongs and high mitts, individually add pieces of food to the oil and hold for 3 seconds before releasing

3. When all food is added, attach basket lid to the fryer basket

QUICK START GUIDE

QUICK START GUIDE

Removing Food:

1. Slowly raise fryer basket from the oil

2. Place the basket on the rest position to let food drain for a few minutes before serving

After Frying:

1. When food has reached desired color, slowly lift the basket and place it onto the rest position on the edge of the fryer for 10 seconds to drain excess oil.
2. Remove the fryer basket and the basket lid, and unload food onto a plate. Use paper towels on a plate to absorb excess oil.
3. Detach the magnetic plug from the back of the fryer.
4. Allow oil to cool to room temperature before filtering, discarding, or storing the oil (approximately 2-3 hours)
5. Remove oil reservoir from unit and attach the pour spout. Pour oil into an appropriate container.

Professional Frying System

RECIPES, HEALTHY HINTS AND TIPS

Use this flavorful, versatile batter to fry chicken cutlets, vegetables and fish. To ensure even cooking, make sure all of the food you will be frying is of similar size and thickness.

INGREDIENTS

1 cup all-purpose flour

1 ½ cups cold soda or tap water

½ cup cornstarch

2 teaspoons baking powder

1 teaspoon dried red pepper flakes

½ teaspoon garlic powder

½ teaspoon kosher salt

Fresh ground black pepper

Frying Batter

Preheat fryer to 375°F. Place the flour, cornstarch, baking powder and water in a mixing bowl. Season with salt, pepper and spices, and mix until all of the ingredients are thoroughly combined. Pat dry then dip each piece of food you are frying into the batter, ensuring that the food is evenly coated and allowing excess batter to drip off. Place the fryer basket in the oil. Using tongs, dip the battered food into the hot oil for about 10 seconds and then release it. This allows the food to form a crust, preventing it from sticking to the basket. Add remaining pieces of food one at a time, being careful not to overcrowd the pot. Place the basket lid on the basket. Fry until the food has reached a golden brown color, 3-5 minutes. Remove the food and place on a plate lined with paper towels or a cooling rack. Serve immediately.

DEEP FRYER

Easy Spice Blends

These easy spice blends add personality to fried foods such as French fries, chicken, fish, vegetable tempura and more. All spice blends should be stored in an airtight container.

Dill Pickle Spice Blend

- ½ teaspoon garlic powder
- ½ teaspoon dry mustard
- ¼ teaspoon cumin
- 1 teaspoon dried dill
- ½ teaspoon kosher

South of the Border Spice Blend

- ½ teaspoon paprika
- ½ teaspoon garlic powder
- ½ teaspoon chili powder
- ½ teaspoon onion powder
- ½ teaspoon kosher salt

Cajun Spice Blend

- ½ teaspoon salt
- ½ teaspoon garlic powder
- ¾ teaspoon paprika
- ¼ teaspoon ground black pepper
- ¼ teaspoon onion powder
- ¼ teaspoon cayenne pepper
- ¼ teaspoon dried oregano
- ¼ teaspoon dried thyme
- 1/8 teaspoon red pepper flakes (optional)

Herbs de Provence Spice Blend

- ½ teaspoon thyme
- ½ teaspoon rosemary
- ½ teaspoon marjoram
- 1/8 teaspoon lavender

Mediterranean Spice Blend

- ½ teaspoon dried basil
- ½ teaspoon dried marjoram
- ¼ teaspoon garlic powder
- ¼ teaspoon oregano
- ¼ teaspoon thyme
- ¼ teaspoon mint

Recipe Guide for Delicious Recipes!

Appetizers

1 Spanish Eggplant Fritters with Honey
2 Japanese-Style Shrimp with Ginger Chili Sauce
3 New York Style Chicken Wings
4 Southern Onion Rings
5 St. Louis Fried Ravioli
6 Whole Grain Sicilian Arancini with Roasted Red Pepper Sauce
7 Spicy Argentinian Potato Bites with Chimichurri Sauce

Main Courses

8 English Pub Cod with Fresh Tartar Sauce
9 Baja Fish Tacos with Spicy Crema
10 General Tso's Chicken
11 Light and Fresh Tofu Pad Thai

Desserts

12 Little Italy Cannoli
13 County Fair Fried Dough
14 Canal Street Spiced Pecans

Suggested Frying Guide

FOOD	TEMPERATURE		APPROX. COOK TIME
MUSHROOMS	325ºF	163ºC	3-4 MINUTES
CHICKEN PIECES (BATTERED)	350ºF	177ºC	10-14 MINUTES
CHICKEN STRIPS	350ºF	177ºC	3-4 MINUTES
SHRIMP (RAW, BATTERED)	375ºF	191ºC	3-4 MINUTES
FISH CAKES OR PIECES	375ºF	191ºC	4-6 MINUTES
FISH FILLETS (BATTERED)	375ºF	177ºC	5-7 MINUTES
ONION RINGS	375ºF	191ºC	2-4 MINUTES
FRENCH FRIES (THICK)	375ºF	191ºC	8-10 MINUTES
FRENCH FRIES (THIN)	375ºF	191ºC	4-6 MINUTES
POTATO WEDGES	350ºF	163ºC	4-5 MINUTES
EGG ROLLS (SMALL)	350ºF	163ºC	4-5 MINUTES
FRUIT FRITTERS	350ºF	163ºC	2-4 MINUTES

SPANISH EGGPLANT FRITTERS WITH HONEY

Serves 4-6

INGREDIENTS

- 1 medium eggplant, sliced into long spears, about 2 ½" long and 1/3" thick
- 1-2 cups whole milk
- ¾ cup all-purpose flour
- ½ teaspoon salt
- honey

DIRECTIONS

1. Place the spears in a bowl and cover with the milk for an hour, weighing them down with a plate so they are fully submerged.
2. Preheat fryer to 375°F.
3. In a bowl, mix the flour with the salt. Drain and pat the eggplant dry, and dredge them in the flour and salt, shaking off any excess flour. Place on a plate, and line another plate with paper towels.
4. Place the basket in the rest position on the fryer, and layer about half of the eggplant into to the fryer. Cover with the basket lid and lower slowly into the oil. Fry until golden brown, about 4 minutes.
5. Remove eggplant from the oil, and place to drain on the paper towels. Drizzle with honey before serving.

Serving Suggestion Tip
Using egg substitute for eggs is a great way to reduce calories!

JAPANESE-STYLE SHRIMP WITH GINGER CHILI SAUCE

Serves 6-8

INGREDIENTS

Shrimp

- 1 pound large shrimp, peeled and deveined, tails left intact
- ½ teaspoon kosher salt
- ½ teaspoon ground black pepper
- 1 cup flour
- 1 teaspoon paprika
- 3 eggs, beaten (or substitute 1/3 cup egg substitute)
- 1 cup panko bread crumbs

Ginger chili sauce

- ½ cup mayonnaise
- 2 teaspoons chili sauce such as Sriracha or Cholula
- 1 tablespoon rice wine vinegar
- ½ teaspoon ginger, grated (optional)

DIRECTIONS

1. Preheat fryer to 375°F.
2. Pat shrimp dry and place in a bowl. Season with salt and pepper.
3. Prepare three small bowls. Stir together the flour and paprika in one bowl; place the beaten eggs in the second bowl; and the panko crumbs in the third. Lightly dust shrimp in flour mixture, then dip into egg, and then into panko bread crumbs. Repeat with all of the shrimp, and place on a clean plate.
4. Lower basket into oil. In batches of 10, use tongs to slowly add each shrimp into the oil and fry for 3 to 4 minutes. Drain on paper towels and serve.
5. Combine ingredients for sauce in a bowl and serve with shrimp for dipping.

APPETIZERS AND SIDES

Healthy Tip
Serve with crunchy celery and carrot sticks.

NEW YORK STYLE CHICKEN WINGS

Serves 3-4

INGREDIENTS

½ cup hot sauce
¼ cup unsalted butter
½ teaspoon chili powder
½ teaspoon cumin
½ finely chopped habanero pepper (optional)
2 pounds chicken wings (12 to 14)

DIRECTIONS

1. Combine first five ingredients in a saucepan and bring to a boil. Lower heat, cover, and simmer sauce for 15 minutes. Remove from heat and set aside in a large bowl.
2. Preheat fryer to 375°F.
3. Place basket in fryer, and carefully lower half of the wings into the oil using tongs. Fry for 7 minutes. Drain on paper towels. Repeat with second half of wings.
4. Add fried wings to hot sauce and toss to coat before serving.

SOUTHERN ONION RINGS

Serves 4

INGREDIENTS

2 large vidalia, spanish or sweet onions cut into ¼ " slices
2 cups buttermilk
4 teaspoons kosher salt, separated
2 teaspoons fresh ground black pepper
2 cups flour

DIRECTIONS

1. In a large bowl, combine buttermilk, 2 teaspoons salt, and 1 teaspoon pepper. Separate onion rings and coat them in the buttermilk mixture.
2. Whisk together flour, 2 teaspoons salt, and remaining pepper in a shallow bowl.
3. Drain onion rings and dredge in the flour mixture. Let coated onion rings sit for 15 minutes.
4. Preheat fryer to 375°F.
5. Fry onion rings in single layer for about 2 minutes.
6. Drain on paper towels and serve immediately.

Tip
Try using ravioli with different fillings and pair them with other sauces, like spinach ravioli and pesto sauce for dipping.

ST. LOUIS FRIED RAVIOLI

A popular snack in St. Louis, these ravioli come together in just minutes and can be served with your favorite homemade or store bought marinara sauce.
Serves 4-6

INGREDIENTS

- 1 package frozen cheese ravioli (about 20-24)
- 1 cup buttermilk
- 2 cups Italian style breadcrumbs
- ¼ cup grated Parmesan cheese
- 2 cups homemade or store bought marinara sauce, heated for dipping

DIRECTIONS

1. Preheat oil to 350°F.
2. Set out two medium sized bowls. Place the buttermilk in one bowl and the breadcrumbs in the other.
3. Working in batches, dip ravioli in buttermilk to coat completely. Allow the excess buttermilk to drip back into the bowl. Dredge ravioli in the breadcrumbs. Place the ravioli on a clean plate, and continue with the remaining ravioli.
4. Arrange the ravioli in a single layer in the fryer basket, and lower into the oil. Fry until golden brown, about 3 minutes. Repeat with remaining ravioli.
5. Transfer the fried ravioli to a plate lined with paper towels.
6. Sprinkle with Parmesan and serve with warm marinara sauce.

Healthy Tip
Typically made with Arborio, a medium grain white rice, this healthier version uses brown rice instead. If preferred, store bought marinara sauce can be used for dipping.

WHOLE GRAIN SICILIAN ARANCINI WITH ROASTED RED PEPPER SAUCE

Makes 12-14

INGREDIENTS

Arancini:

- 1 ½ cups instant brown rice, cooked and cooled
- 3 scallions, minced
- ½ cup egg substitute
- 4 tablespoons fresh parsley, chopped
- 1 teaspoon garlic powder
- ¼ cup grated Parmesan cheese
- 2 teaspoon salt
- ½ teaspoon freshly ground black pepper
- ½ teaspoon red pepper flakes
- 1 cup breadcrumbs, separated
- 1 12-ounce container marinated mozzarella balls, drained

Roasted red pepper dipping sauce:

- ¾ cup roasted red peppers peeled and seeded (about 2 peppers)
- ½ teaspoon garlic, minced
- 1 tablespoon lemon juice
- ¼ - ½ cup olive or canola oil
- Salt and freshly ground black pepper to taste

DIRECTIONS

1. Preheat fryer to 375°F.
2. In a bowl, stir together rice, scallions, egg substitute, parsley, garlic powder, Parmesan cheese, salt, black pepper, red pepper flakes, and one-quarter cup of bread crumbs. Place the remaining bread crumbs on a shallow plate.
3. Shape 1-2 tablespoons of the rice mixture around each mozzarella ball, roll in bread crumbs and set aside. Repeat with the remaining mozzarella balls.
4. Fry for 3 ½ minutes or until golden brown. Drain on paper towels.
5. Place roasted red peppers, garlic and lemon juice in blender or food processor. Blend thoroughly, and then drizzle in oil slowly until well blended. Season with salt and pepper to taste. Serve with arancini.

SPICY ARGENTINEAN POTATO BITES WITH CHIMICHURRI SAUCE

Serves 2-4

INGREDIENTS

Potato Bites:

- 2 cups russet potato cut into 1 to 2" cubes
- ½ cup flour
- 1 teaspoon paprika (hot, sweet or smoked)
- 1 teaspoon salt

Chimichurri Sauce:

- 1 cup packed flat leaf parsley, roughly chopped
- 2 teaspoons dried oregano
- 3 garlic cloves
- 2 tablespoons red wine vinegar
- 1 teaspoon kosher salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon red pepper flakes
- ½ cup olive oil

DIRECTIONS

1. Preheat fryer to 375°F.
2. Place potatoes in a saucepan of cold water and bring to a boil. Lower to simmer and cook for 5 to 8 minutes. Drain and let cool on a cookie sheet or plate.
3. In a bowl, combine flour, paprika and salt.
4. Pat potatoes dry with a paper towel and dredge in the flour until evenly covered. Shake off any excess flour.
5. Place potatoes in a single layer in the frying basket, and fry, covered, for 3 to 4 minutes until golden brown. Drain on paper towels. Repeat with any remaining potatoes.
6. Blend parsley, oregano and garlic in a food processor. Add vinegar, salt and peppers. Slowly stream in olive oil.
7. Drizzle chimichurri sauce over potatoes before serving.

Serving Suggestion Tip
For the classic British Fish and Chips, serve with frozen or fresh French fries and tartar sauce.

ENGLISH PUB COD WITH FRESH TARTAR SAUCE

Serves 4-5

INGREDIENTS

Fish

- 2 cups all-purpose flour
- 12 ounces cold beer (ale)
- 1 teaspoon kosher salt
- 1 ½ pounds haddock or cod fillets, 1" thick, pin bones removed
- Kosher salt
- Freshly ground black pepper

Tartar Sauce

- ½ cup mayonnaise
- 2 tablespoons dill pickles, finely chopped
- 1 tablespoon white wine or apple cider vinegar
- 1 tablespoon capers
- 1 teaspoon grainy mustard
- Pinch freshly ground black pepper
- Kosher salt to taste

DIRECTIONS

1. Place tartar sauce ingredients in a bowl or a food processor and mix until ingredients are well combined. Set aside in a small bowl.
2. Preheat fryer to 375°F and place fryer basket in oil.
3. Sift 1 ½ cup flour and ¼ teaspoon salt into a bowl, then whisk in beer gently until just combined. Stir in remaining ¼ teaspoon salt.
4. Pat fish dry. Sprinkle fish on both sides with salt and pepper, then dust lightly in remaining 1/2 cup flour. Dip fish into the beer batter, allowing excess to drip off.
5. Slowly lower half of the fish into the oil, and release after a few seconds or when a crust has formed. Fry fish until deep golden, about 4 to 5 minutes. Set on a plate lined with paper towel. Repeat with remaining fish. Serve with tartar sauce.

Healthy Tip
Cabbage is filled with Vitamin C, fiber, potassium and other nutrients. To make the crema lighter, use low fat yogurt and mayonnaise.

BAJA FISH TACOS WITH SPICY CREMA

Serves 3-4

INGREDIENTS

Battered Fish

- 1 cup flour
- 2 tablespoons cornstarch
- 1 teaspoon baking powder
- ½ teaspoon kosher salt
- 1 egg or egg substitute
- 1 cup light beer
- 1 pound cod, cut into 1 oz. portions, about 2" long and 1" wide

Spicy Crema Sauce

- ½ cup plain yogurt
- ½ cup mayonnaise
- 1 lime, juiced
- 1 jalapeño pepper, minced
- ½ teaspoon dried oregano
- ½ teaspoon ground cumin
- 1 teaspoon ground cayenne pepper
- ½ teaspoon salt

- 1 (12 ounce) package corn or flour tortillas
- ½ medium head cabbage, finely shredded
- 1 lime cut into wedges (optional)
- ¼ cup chopped cilantro (optional)

DIRECTIONS

1. Preheat fryer to 375°F and place fryer basket in oil.
2. In a large bowl, combine flour, cornstarch, baking powder and salt. Blend egg and beer, then quickly stir into the flour mixture. Some lumps will remain.
3. In a medium bowl, mix together yogurt and mayonnaise. Gradually stir in fresh lime juice until consistency is slightly runny. Add jalapeño, oregano, cumin, cayenne and salt. Set aside.
4. Lightly dust fish pieces in the flour and add to batter. One batch at a time, remove the fish from the batter and allow excess to drip off.
6. Slowly lower the fish into the oil, and release after a few seconds or when a crust has formed. Cook for about 3-4 minutes. Set on a plate lined with paper towel.
5. To serve, place fish in a tortilla, top with cabbage and drizzle with spicy crema. Serve with lime wedges and chopped cilantro if desired.

GENERAL TSO'S CHICKEN

Serves 4-6

A classic favorite Chinese dish children love, just make sure to remove the chilies before eating!

INGREDIENTS

Sauce:

- 4 tablespoons cornstarch
- 2 tablespoons water
- 1 teaspoon garlic, minced
- 1/3 cup sugar
- ¼ cup soy sauce
- 2 tablespoons white vinegar
- 2 tablespoons white wine
- 1 14.5-ounce can chicken broth
- 2 tablespoons vegetable oil
- 2 bunches scallions, sliced
- 4 small dried chilies

Batter:

- 3 - 3 ½ pounds boneless, skinless chicken breasts, cut int 1" pieces
- ¼ cup soy sauce
- 1 egg, beaten
- 4 tablespoons cornstarch

DIRECTIONS

1. Preheat fryer to 350°F and place fryer basket in oil.
2. Combine all sauce ingredients except for oil, scallions and chilies. Set aside.
3. In a large bowl, combine soy sauce, egg and cornstarch to form a paste-like batter.
4. Lower basket into oil. Using metal tongs, coat chicken pieces in batter one at a time and slowly lower into the oil.
5. Fry chicken until golden brown and cooked through, about 4 ½ to 5 minutes.
6. Place chicken on a plate lined with paper towels.
7. In a large skillet, heat oil on medium high heat for 2 to 3 minutes. Add scallions and chilies and cook until softened, 2 minutes. Add sauce mixture to skillet and bring to a boil. Cook until it resembles a thick glaze, about 2 minutes. Remove chilies.
8. Add chicken and heat through before serving, about 2 minutes.

LIGHT AND FRESH TOFU PAD THAI

Serves 2-4

INGREDIENTS

Noodles:

- 4 ounces rice stick noodles
- 1 to 2 tablespoons peanut oil
- 1 cup chopped scallions, divided
- 2 teaspoons minced garlic
- 2 whole eggs, beaten
- 2 tablespoons fish sauce
- 2 tablespoons sugar
- 1 tablespoon rice wine vinegar
- 3 ounces bean sprouts, divided
- ½ ctup roasted salted peanuts, chopped, divided
- 1 lime, cut into wedges

Tofu:

- 8 ounces extra firm tofu, cut into 1" cubes
- ½ cup flour
- 1 teaspoon kosher salt

DIRECTIONS

1. Cover rice sticks with hot water and let soften for 10 to 15 minutes, stirring occasionally to prevent clumping.
2. Preheat fryer to 350°F.
3. Heat peanut oil in a skillet over medium heat and add scallions and garlic. Sauté for about 2 minutes or until fragrant. Remove scallions and garlic and place in a large bowl.
4. Add eggs to skillet and scramble, using a spoon to break up the eggs.
5. Add scrambled eggs to scallions and garlic.
6. Toss tofu in flour and salt, and immediately place in a single layer in the basket and fry for about 4 minutes or until light golden brown. Drain on paper towels.
7. In a small bowl, combine fish sauce, sugar, and rice wine vinegar.
8. Drain noodles, and combine with bean sprouts and sauce in a bowl. Gently stir in tofu, and top with peanuts and a wedge of lime.

Tip

Fill these with cheese filling just before serving to keep shells crispy.

LITTLE ITALY CANNOLI

Serves 6-8t

INGREDIENTS

Cannoli:

- 1 ½ cups all-purpose flour
- 1 tablespoon sugar
- ½ teaspoon ground cinnamon
- 2 tablespoons chilled unsalted butter, cut into cubes
- ½ cup limoncello or orange liqueur
- 1 egg, beaten

Filling:

- ¾ cup whole milk ricotta
- ¾ cup mascarpone cheese
- ½ cup confectioners' sugar
- Seeds of ½ a vanilla bean (split, seeds removed, discard pod), or 1 ½ teaspoon vanilla extract
- ¼ teaspoon cinnamon
- ⅛ teaspoon of salt

DIRECTIONS

1. In a food processor, combine flour, sugar and cinnamon. Pulsing briefly, add butter until it resembles coarse meal. Remove dough from food processor and place in a large bowl.
2. With a fork, stir in liqueur. Form into a ball (dough will be crumbly), wrap in plastic wrap and refrigerate for 1 hour.
3. To make filling, combine ricotta, mascarpone, sugar, vanilla beans, cinnamon & salt.
4. Preheat fryer to 350°F.
5. Remove dough from the refrigerator, and divide into 6 balls. Lightly dust a work surface with flour, and roll out each ball to a 1/16" thickness. Cut dough with a 4 inch circular cookie cutter or bowl.
6. Form each dough circle around a cannoli form, overlapping ends and sealing securely with the egg wash. Brush the outside of each cannoli with egg wash.
7. Lay cannoli in a single layer in the basket, and lower into the oil. Fry until golden brown, about 2 minutes. Allow to cool completely on a plate lined with paper towels. Remove cannoli molds.
8. Using a pastry bag or a small spoon, fill the fried cannoli shells with the cheese mixture. If you don't have a pastry bag, simply cut ¼" corner off of a plastic storage bag, fill the bag, and pipe the cheese mixture into the cannoli shell.
9. Sprinkle cannoli with confectioners' sugar before serving.

COUNTY FAIR FRIED DOUGH

Serves 6

Whether French Beignets, Spanish Churros, Bulgarian Funnel Cakes, Italian Zeppoles, Hushpuppies, Elephant Ears or Doughnuts, simply change the shape of the dough in this recipe and use different toppings to suit your mood.

INGREDIENTS

Dough:

- 1 3-inch round cookie cutter or drinking glass
- 2 tablespoons warm water
- 1 package dry yeast
- ½ cup sugar
- 1 egg, room temperature
- 3 tablespoons melted butter, separated
- 1 cup warm milk
- 3 ½ cups flour
- ½ teaspoon salt
- Cinnamon
- Confectioners' sugar

DIRECTIONS

1. In a mixing bowl, pour warm water over yeast. Add sugar and stir together; let stand for 10 minutes. Add egg, 2 tablespoons butter, milk, flour and salt and stir to combine until dough becomes elastic. Brush top of dough with additional melted butter and cover. Drape tea towel over top of bowl and let rise for 2 hours.
2. Punch down dough and place on a cutting board or countertop generously dusted with flour. Roll out dough to a ¼ inch thickness and use a cookie cutter or a drinking glass to cut out the dough.
3. Place pieces of dough on a buttered sheet pan or buttered parchment paper and let rise 1 hour.
4. Preheat fryer to 350°F and place the basket in the oil.
5. Slowly lower dough into the oil and fry for 1 ½ minutes.
6. Place dough on a plate lined with paper towels, and sprinkle with cinnamon and confectioners' sugar before serving.

Serving Suggestion Tip

Change up spices as desired. For a sweet and spicy flavor, omit five-spice powder and substitute with cinnamon and cayenne pepper. Cool nuts on wax paper after cooking to prevent sticking.

CANAL STREET SPICED PECANS

Serves 6-8

INGREDIENTS

- 2 cups pecans
- ⅓ cup honey
- 1 tablespoon lemon juice
- ¾ cup granulated sugar
- 1 tablespoon cinnamon

DIRECTIONS

1. Blanch pecans in a pot of boiling water for two minutes. Drain nuts and blot dry with paper towels. Place nuts in a bowl and stir in honey and lemon juice and let marinate for two hours.
2. Preheat fryer to 325°F.
3. Drain nuts and roll in sugar. Place nuts in basket and slowly lower into the oil. Fry for 2 minutes.
4. Remove nuts from oil, spread on wax paper and sprinkle with cinnamon.
5. Allow nuts to cool before serving.

BREAKFAST & DESSERTS

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